Registration fee is \$325 and includes materials, breakfast, lunch and refreshments. Space is limited to 30 participants. *Registration deadline is May 19.* 

### **REGISTRATION FORM**

	First Name	
	Last Name	
	Job Title	
	JOD TITLE	
	Organization/Agend	cy
	Mailing Address	
	City, State, Zip	
Phone	Fax	E-mail
☐ Enclosed is my check for \$ made payable to Partnership for Healthy Aging.		
□VISA	☐ MasterCard	
	Card Number	
	Exp. Date	
	Name	
	Signature	

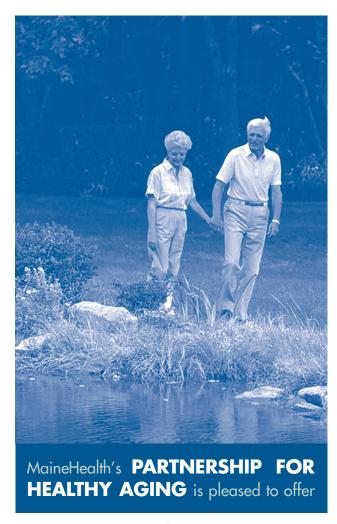
Please mail completed form with payment to: Partnership for Healthy Aging 465 Congress Street, Suite 301 Portland, ME 04101

Or fax registration to 207-541-7540 with check to follow by mail. For more information please contact: Michelle Nevers \* 207-775-1095 \* neverm@mmc.org

A Matter of Balance
Partnership for Healthy Aging
465 Congress Street, Suite 301
Portland ME 04101

If you are mailing this form, make sure this panel is on the inside when folded and mailed.





# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Lay Leader Model Master Trainer Session

June 7 & June 8

Hilton Garden Inn
5 Park Street
Freeport, Maine



## MATTER OF BALANCE

# **Lay Leader Model Master Trainer Session**

This two-day training session will provide you with information and materials to coach A Matter of Balance: Managing Concerns About Falls in your community. As a result of the training, you will become a Master Trainer prepared to:

- Recruit and train volunteers to lead A Matter of Balance classes
- Coordinate the program in your community
- Market the program to older adults
- Evaluate outcomes

Wednesday, June 7, 8:30 am - 4:30 pm

Thursday, June 8, 8:30 am - 2:00 pm

### HILTON GARDEN INN

5 Park Street • Freeport, Maine

Registration fee is \$325 and includes materials, breakfast, lunch and refreshments. Space is limited to 30 participants.

Registration deadline for the training is May 19. For more information please contact Michelle Nevers (207) 775-1095 or e-mail neverm@mmc.org

HOTEL ACCOMMODATIONS

Hilton Garden Inn Freeport Downtown 5 Park Street • Freeport, ME 04032 Telephone: 207.865.1433 Toll Free: 877.782.9444 Fax 207.865.1432

www.freeportdowntown.stayhgi.com

To obtain the discounted hotel rate of \$119.00 single/double occupancy, plus 7% tax per night, please call the Hilton Garden Inn at 877.782.9444 and indicate that you are attending the Matter of Balance Lay Leader Model Training Session. Reservation deadline for the discounted rate is May 5. Cancellations must be received within 72 hours prior to arrival date.

first class Place

Tear along dotted line. Fold and tape closed along this edge. Place First Class stamp on this panel

# A Matter of Balance

465 Congress Street, Suite 301 Partnership for Healthy Aging

Portland ME 04101



### WHAT IS A MATTER OF BALANCE?

A Matter of Balance is specifically designed to reduce fear of falling, stop the fear of falling cycle, and improve activity levels among community-dwelling older adults.

The program includes eight two hour classes presented by trained coaches using an extensively detailed training manual and two instructional videos.

A Matter of Balance uses practical coping strategies to reduce fear of falling and to diminish the risk of falling including group discussions, mutual problem solving, exercises to improve strength, coordination and balance, and home safety evaluation. This structured group intervention works best with 10 – 12 participants.

### **OUTCOMES**

97% of older adults taking A Matter of Balance are more comfortable talking about fear of falling and increasing their activity. Research outcomes include improved falls management and exercise level up to twelve months after taking the class.